



St. Paul's ePistle from McHenry

April 22, 2015

In this issue...

- + Thoughts from Lori
- + Food Pantry Truck
- + Spring Parish Mtg.
- + Living Compass
- + Upcoming events
- + Hymns and Lessons
- + Bill's cartoon
- + 10 Reasons to be an Episcopalian

Spring (Informal) Parish Meeting is this Sunday!

Please remember to bring a covered dish to share!



Jesus said, "...YOU give them something to eat"
Matthew 14:16

This Sunday, April 26, we will enjoy a pot-luck luncheon along with our parish meeting. As we will be feeding ourselves, we will also feed others! Please bring your non-perishable food items to be donated to the FISH Food Pantry.

Top Ten Most Needed Items : Canned meat, canned or boxed meals, canned soup, canned tomatoes and sauce, canned vegetables, peanut butter and jelly, dried or canned beans, dry cereal & oatmeal, pasta & rice.



St. Paul's Episcopal Church

3706 W. St. Paul Ave.
McHenry, IL 60050
815-385-0390

Email:
stpaulmchenry
@sbcglobal.net

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[Diaper Bank](#)

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Thank you for your generosity.

Deb Lang

Thoughts from Lori

A couple of months ago, our guest speaker at the McHenry Rotary Club was our State Representative, Jack Franks. [Note: Rotary is apolitical, and Mr. Franks presentation was refreshingly non-



partisan.] Because the meeting was in our parish hall, I introduced myself to him after the meeting and welcomed him to St. Paul's. As we talked, he invited me to Springfield to offer the invocation at the opening of a session of the House of Representatives. Actually, I think I invited myself, but he graciously suggested that I call his office to arrange a date.

That date was yesterday, April 21st. So Monday afternoon, I drove to Springfield (not wanting to drive both ways in one day), spent the night, and offered the invocation for the opening of today's session. I was introduced as "the Rector of St. Paul's Episcopal Church in McHenry." How's that for a plug? A bit far afield, perhaps, but a good PR nonetheless.

It was a fascinating experience. Mr. Franks himself, his staff, and the various officers and staff members of the House floor offered me warm hospitality. The state capitol building and House chamber are impressive, and the workings of government - as one might expect - are remarkable. I was amazed by how technology has become the norm and is an essential part of its day-to-day functioning. I was also amazed that what looked like chaos, but was actually quite productive.

It made me wonder if uninitiated visitors to church

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have similar experiences. Does it seem chaotic? Do they wonder what they're supposed to do next? What is expected of them? Worried about making some faux pas? What seems so normal to us could seem... strange to someone who's unchurched.

Well, the comparison may be a stretch. Nevertheless, today was a great experience and one that deepened my love for Illinois and my identity as a mid-Westerner. By the way, I'm already planning a trip back to Springfield with Bill (and maybe a grandchild) to see all the Lincoln sites.

Faithfully,

Loritt



Lifeline Screening May 5th

Do you know how to recognize the warning signs of a stroke? If you or someone you know is experiencing any of the below symptoms, call 911 right away. It is important to seek medical treatment immediately.

- Sudden Numbness
- Difficulty Speaking
- Severe Dizziness
- Loss of Coordination
- Sudden Loss of Vision
- Sudden Intense Headache

Brief Loss of Consciousness

Protect your health by finding out your risk of having a stroke by participating in the Life Line Screening that will be at St. Paul Episcopal Church on Tuesday, May 5, 2015. Through ultrasound we evaluate the carotid arteries for the buildup of fatty plaque, which is the leading cause of stroke.

Register today for the Stroke, Vascular & Heart Rhythm package, which includes four screenings: carotid artery, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/community-partners.



Our meetings will begin Tuesday May 12th, 7:00 to 8:30pm and will run for four weeks. The topic will be "Building Healthy Relationships," and as always with LC, in the context of wellness and balance. A donation of \$10 is requested for supplies. Space is limited. Sign-up today! Watch for more information about a day-time group that will begin later.

Northern Illinois Food Bank Truck is coming to St. Paul's!

The Food Truck is coming on May 30 to our parking lot. So far, we've collected about \$400 (of the \$1200). We don't know the amount collected at the Easter Eve service last Saturday night at St. Ann's, but will announce that as soon as possible. Meanwhile, if you haven't given yet, please do.

Checks are best made out to Northern Illinois Food Bank and marked "St. Paul's." We also need volunteers to help distribute the food on May 30th. See the sign-up sheet on the table in the narthex. Thanks!

Value Added! - Wellness Team to attend the Mobile Food Pantry Event

The Centegra Health System Wellness Team will be on-site Saturday, May 30. They will offer FREE blood pressure and glucose tests to all those who come to receive food. Participants will receive a copy of their results and resources for medication assistance. Literature is in Spanish and English. The Wellness Team has already partnered with the Northern Illinois Food Bank to help the under-served in our community. We are very pleased to be one of the first in McHenry to be a part of their mission.



Spring Parish Meeting - This Sunday!

Men's Breakfast - Saturday, May 2nd

Lifeline Screening - Tuesday, May 5th

Women's Wednesday - May 6th

Final Affairs Fair - Saturday, May 16th

Mobile Food Truck- Saturday, May 30th

Lessons and Hymns

Sunday, April 26th

(Fourth Sunday of Easter - Year B)

by the Rev. William McLemore

THE SCRIPTURE LESSONS:

The First Reading: Acts 4:5-12. In this sermon, Peter refers to the wonderful healing the disciples are doing through the power of the Risen Lord.

The Psalm: Psalm 23. This beautiful and popular

Psalm tells, through the image of a shepherd, the care, love, and redemption of God.

The Epistle: I John 3:16-24. The writer calls for a love that goes beyond word or speech, but is expressed in faith and action.

The Gospel: John 10:11-18. Here, Jesus refers to himself as the "Good Shepherd" who can be trusted to express God's deepest love, nurture, and redemption.

THE HYMNS:

Processional Hymn: No. 334. "Praise the Lord, Rise Up Rejoicing." This hymn was written by the Rev. Canon Howard Charles Adie Gaunt (born 1902), a cleric and teacher at Malvern College, Malvern, Worcestershire, England (1937-1953). The last verse hearkens to Paul's II Corinthians 5:17, "So if anyone is in Christ, there is a new creation." The tune, "Alles ist an Gottes Segen," is a melody attributed to Johann Balthasar Konig (1691-1750) harmonized by Johann Lohner (1645-1705).

Sequence Hymn: Instead of a traditional hymn, we will sing a Celtic Alleluia before the Gospel throughout the season of Easter.

Presentation Hymn: No. 492. "Sing Ye Faithful, Sing with Gladness." The author of this hymn is John Ellerton, born in London, December 16, 1826 and educated at Trinity College, Cambridge. Although an Anglican priest, he is better known as a hymnologist, hymnwriter, and translator. The 1940 Hymnal has 7 of his hymns and this one is new to the current 1982 Hymnal. The tune, "Finnian" was composed by Christopher Dearnley (1930-2000), British organist and composer. The National Cathedral sung this hymn this past Sunday and can be heard on YouTube by entering the first line in a Google search which will produce the link to the music.

Communion Hymn: No. 178. "Jesus Is Lord of All the Earth." This hymn was written by Donald Fishel born in 1950, a graduate of the University of Michigan, and a consummate musician. In a biographical sketch

he writes that after college, "I then embarked on a career in music publishing and began writing the Christian songs for which I am best known. My songs *Alleluia No. 1* and *The Light of Christ* can be found in the hymnals of the Episcopal, Lutheran, Methodist, and Roman Catholic Churches." The tune name is the "Alleluia No. 1" and was composed by him and arranged by Betty Carr Pulkingham (b. 1928), the wife of the Rev. William Graham Pulkingham, an Episcopal priest who lived from 1926-1993.

Recessional Hymn: No. 525. "The Church's One Foundation." This hymn was written by Samuel John Stone (1839-1900) in response to the liberal interpretation by the Rt. Rev. John William Colenso (1814-1883), the first Anglican bishop of Natal. Bishop Colenso was also a mathematician, theologian, biblical scholar, and social activist. Stone was an Anglican priest who felt deeply troubled by Colenso's ideas about Christianity and especially the interpretation of the Bible. Thus the third verse of his hymn: "Though with a scornful wonder men see her sore oppressed, by schisms rent asunder, by heresies distressed; yet saints their watch are keeping, their cry goes up, 'How long?' And soon the night of weeping shall be the morn of song." The tune, "Aurelia" was composed by Samuel Sebastian Wesley (1810-1876).

April 26th Servants

Ushers: Beth Lukas, Jim Lukas
Lector: Michelle Wiejaczka
Intercessor: Barb Moriarty
Eucharistic Ministers: Deb Lang, Charlie Boak
Vestry Person of the Day: John Patnaude

From the cartoons created by
the Rev. William P. McLemore
1965 - 2014



Top 10 Reasons to be an Episcopalian Reason 4

"Free wine on Sunday."

Robin Williams
Comedian